What Is Claimed Is:

1. An anchor assembly for attaching soft tissue to a bone, the assembly comprising:

a stake having a distal end adapted for disposition in the bone, and a proximal end for disposition removed from the bone and adapted to receive tissue impaled thereon; and

a cap for connection to said stake between the bone and the stake proximal end for overlying the tissue.

2. The assembly in accordance with claim 1 wherein said stake is provided with

a first set of screw threads extending proximally from the distal end of said stake, the first set of screw threads being configured to engage the bone to anchor the stake in the bone; and

a second set of screw threads disposed proximally of the first set of screw threads and configured to threadedly receive said cap to attach said cap to said stake at a selected location along the length of said second set of threads.

3. The assembly in accordance with claim 2 wherein said first and second sets of screw threads are pitched in opposite directions.

4. The assembly in accordance with claim 1 wherein the proximal end of said stake is pointed to facilitate impalement of the tissue on said stake.

5. The assembly in accordance with claim 1 wherein said stake is provided with an axially extending central passageway open at the stake proximal end for receiving a driving tool.

6. The assembly in accordance with claim 5 wherein the passageway is of a non-circular cross-section.

7. The assembly in accordance with claim 1 wherein said stake is provided with threads thereon and said cap is provided with an opening configured to threadedly engage the stake threads.

8. The assembly in accordance with claim 7 wherein said cap is provided with a generally flat distal surface for engagement with the tissue.

9. The assembly in accordance with claim 8 wherein said cap is of generally circular configuration.

10. The assembly in accordance with claim 7 wherein said cap is provided with feet projecting from a distal surface thereof for engaging the tissue.

11. The assembly in accordance with claim 7 wherein the opening extends from a proximal surface of said cap to a distal surface of said cap.

12. The assembly in accordance with claim 7 wherein the opening extends from a distal surface of said cap to a blind end within said cap.

13. The assembly in accordance with claim 7 wherein the opening is disposed centrally of said cap.

14. The assembly in accordance with claim 7 wherein said cap is of an elongated, generally elliptical configuration.

15. The assembly in accordance with claim 1 wherein said stake and said cap are of bioabsorbable materials.

16. The assembly in accordance with claim 15 wherein the absorbability of said cap exceeds the absorbability of said stake, such that said cap is absorbed more quickly than said stake.

17. The assembly in accordance with claim 15 wherein the material of said stake is osteogenic, so as to encourage bone ingrowth and remodeling.

18. The assembly in accordance with claim 17 wherein said stake is formed of at least one of PLA, PGA, PDS, polycaprolactone, hydroxyapetite, tricalcium phosphate, an osteogenic protein, allograft bone, and synthetic bone.

19. The assembly in accordance with claim 18 wherein said cap is formed of at least one of PLA, PGA, PDS, and polycaprolactone.

20. An assembly for attaching tissue to bone, the assembly comprising:

an anchor comprising:

a stake having a distal end adapted for disposition in the bone, and a proximal end for disposition removed form the bone and adapted to receive the tissue impaled thereon; and

a cap for connection to said stake between the bone and the stake proximal end for overlying the tissue;

a stake inserter for driving said stake into the bone; and

a cap inserter for connecting said cap to said stake.

21. The assembly in accordance with claim 20 wherein said cap inserter comprises a cutter operable to sever from said stake a portion thereof extending proximally from said cap after said cap is positioned on said stake.

22. The assembly in accordance with claim 20 wherein said stake is provided with a first set of threads thereon at the distal end thereof for threaded engagement with the bone.

23. The assembly in accordance with claim 22 wherein said stake is provided with an axially extending central passageway open at the proximal end of said stake, said stake inserter is provided with an elongated tip, and the passageway is configured to receive the inserter tip, and rotation of the inserter tip serves to rotate said stake to threadedly drive said stake into the bone.

24. The assembly in accordance with claim 22 wherein said stake is provided with a second set of threads thereon proximally of the first set of threads, and said cap is threadedly engageable with said second set of threads.

25. The assembly in accordance with claim 24 wherein said cap inserter comprises a shaft having a recess in a distal end thereof configured to receive said cap and, upon rotation of said shaft, to screw said cap onto the second set of threads.

26. The assembly in accordance with claim 25 wherein said cap inserter is further provided with a second recess for receiving the proximal end of said stake as said cap is screwed onto the second set of threads.

27. The assembly in accordance with claim 26 wherein said cap inserter is further provided with a cutter operable to sever the stake proximal end disposed in the cap inserter second recess.

28. The assembly in accordance with claim 21 wherein said cutter comprises a blade fixed to a free end of an arm pivotally mounted on said cap inserter, said blade extending radially inwardly toward said stake, and said arm extending generally lengthwise of said cap inserter.

29. The assembly in accordance with claim 28 wherein said cap inserter is provided with an outer tube slidably disposed on said cap inserter and movable from a position spaced from said arm into overriding engagement with said arm to force said arm pivotally inwardly and to effect the severing of the stake proximal portion extending from said cap.

30. A method for attaching tissue to a bone, the method comprising the steps of :

embedding a distal end of a stake in the bone such that a proximal portion of the stake protrudes from the bone;

impaling the tissue on the proximal portion of the stake; and

attaching a cap to the stake so as to overlie the tissue.

31. The method in accordance with claim 30 wherein the stake distal end is provided with a first set of screw threads, and embedding the distal end of the stake comprises screwing the distal end of the stake into the bone.

32. The method in accordance with claim 31 wherein the stake is provided with a pointed proximal end, and impaling the tissue on the proximal portion of the stake comprises pressing the tissue onto the stake pointed end such that the pointed end penetrates the tissue.

33. The method in accordance with claim 32 wherein the stake is provided with a second set of screw threads disposed proximally of the first set of screw threads, the cap is provided with an opening threadedly engageable with the second set of screw threads, and attaching the cap to the stake comprises screwing the cap onto the stake second set of threads.

34. The method in accordance with claim 33 wherein the cap is screwed onto the stake until a distal surface of the cap engages the tissue.

35. The method in accordance with claim 30 and comprising the further step of cutting away a proximal portion of the stake extending beyond the attached cap.